

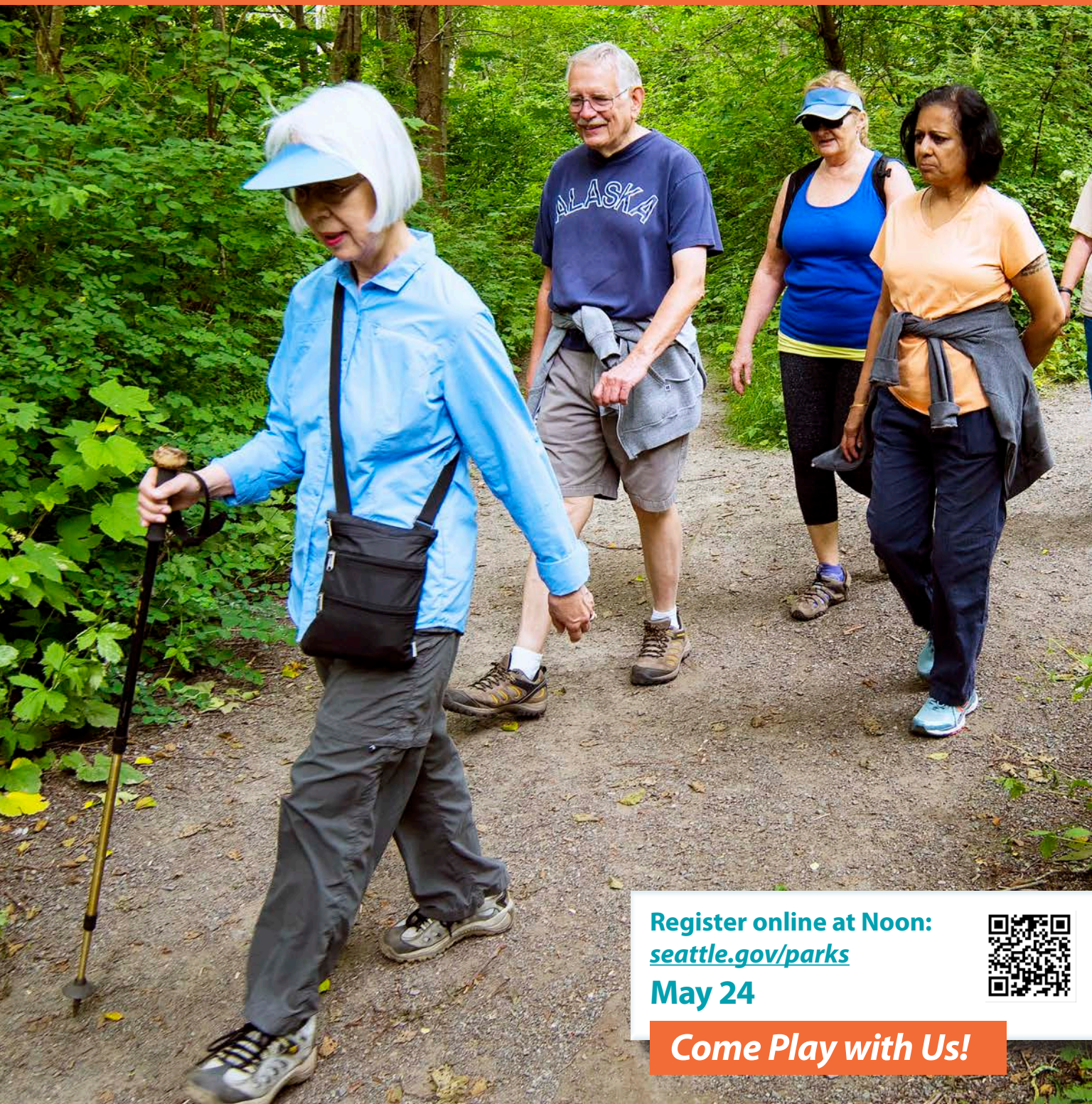
LIFELONG RECREATION

Arts, Fitness, and Social Opportunities for People Ages 50+



Seattle
Parks & Recreation

SUMMER 2022



Register online at Noon:
seattle.gov/parks
May 24



Come Play with Us!

Welcome to Lifelong Recreation!

SUMMER Quarter 2022
July 5-August 26

No Programs and Facilities closed on:

- June 19 Juneteenth
- June 20 Juneteenth Observed
- July 4 Fourth of July

**No
Membership
Fees!**

REGISTRATION begins at NOON
on Tuesday, May 24.

Detailed registration information can
 be found on pages 42 and 43.



All ages are interested in exercise!

Seattle Parks Lifelong Recreation Staff



Since 1974, the Seattle Parks Lifelong Recreation program has been serving the community with vibrant programs in physical activity, social engagement, travel, education, and arts for adults age 50+. We provide exceptional, accessible, and affordable programs that promote quality of life and engage our diverse community. We look forward to serving you!

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E-Newsletter...

Receive the Lifelong Recreation Newsletter! Go to [www.seattle.gov/parks/find/lifelong-recreation-\(50\)](http://www.seattle.gov/parks/find/lifelong-recreation-(50)) and add your email address.



Most photos courtesy of: Meryl Schenker Photography, Ryan Hawk Photography.

WELCOME SUMMER!

Summer is here, and we can begin to breathe easy again! Like last year we will be offering many programs outdoors in our beautiful parks, as well as in community centers and new sites! The best news of all to many of you is that trips are back! Our fabulous staff will be offering several trips each over the summer as we ease back into a more normal pre-pandemic program.

Some changes that you may notice are our expanded Outdoor Recreation programs with our new staff member. Our new staff member is not only jumpstarting the Sound Steps program, but has added Light Rail Hikes, trips, and outdoor education programs. Programs outside in parks for the summer have returned, and overall, more program offerings across the city!

As we begin to “build back better” we are focusing more programs on underserved communities and welcoming new participants and partners to our Lifelong Recreation family. If you have skills, knowledge, or abilities to share, we would love to talk to you about teaching a class. If you have a neighbor or acquaintance who does not participate in our programs, please extend an invitation! If you have questions or comments, please reach out to me or any one of our most excellent team members!

Keep moving!

Cheryl Brown, Lifelong Recreation Program Coordinator

COMMUNITY CENTER LOCATIONS



Pages
14-16

Northwest

Carol Baxter-Clubine, Recreation Specialist
206-233-7138 / cell 206-399-8561 / carol.baxter@seattle.gov

1) BALLARD CC
6020 28th Ave. NW, 98107
tel: 206-684-4093
2) BITTER LAKE CC
13035 Linden Ave. N, 98133
tel: 206-684-7524

3) GREEN LAKE CC
7201 E Green Lake Dr. N, 98115
tel: 206-684-0780
4) LOYAL HEIGHTS CC
2101 NW 77th St., 98117
tel: 206-684-4052

5) MAGNOLIA CC
2550 34th Ave. W, 98199
tel: 206-386-4235

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Northeast

Robin Brannman, Recreation Specialist
206-386-9106 / cell 206-300-2043 / robin.brannman@seattle.gov

6) LAKE CITY CC
12531 28th Ave. NE, 98125
tel: 206-256-5645

**7) MAGNUSON PARK
Community Center**
7110 62nd Ave. NE, 98115
tel: 206-684-7026
Magnuson Brig, Building 406
6344 NE 74th St., 98115
Building 30, Workshop
6310 NE 74th St., 98115

8) MEADOWBROOK CC
10517 35th Ave. NE, 98125
tel: 206-684-7522
9) NORTHGATE CC
10510 5th Ave. NE, 98125
tel: 206-386-4283
10) RAVENNA-ECKSTEIN CC
6535 Ravenna Ave. NE, 98115
tel: 206-684-7534

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Central

Angela P Smith, Recreation Specialist
cell 206-450-9522 / angela.p.smith@seattle.gov

11) GARFIELD CC
2323 E Cherry St., 98122
tel: 206-684-4788
12) MILLER CC
330 19th Ave. E, 98112
tel: 206-684-4753

13) MONTLAKE CC
1618 E Calhoun St., 98112
tel: 206-684-4736
14) QUEEN ANNE CC
1901 1st Ave. W, 98119
tel: 206-386-4240

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24-26

Southwest

John Hasslinger, Recreation Specialist
206-256-5403 / cell 206-423-3988 / john.hasslinger@seattle.gov

15) DELRIDGE CC
4501 Delridge Way S, 98106
tel: 206-684-7423
16) HIAWATHA CC
2700 California Ave. SW, 98116
tel: 206-684-7441

17) HIGH POINT CC
6920 34th Ave. SW, 98126
tel: 206-684-7422
18) SOUTH PARK CC
8319 8th Ave. S, 98108
tel: 206-684-7451

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27-29

Southeast

Case Berrysmith, Recreation Specialist
206-684-7484 / cell 206-310-8163 / case.berrysmith@seattle.gov

**19) INTERNATIONAL DISTRICT /
CHINATOWN CC**
719 8th Ave. S, 98104
tel: 206-233-0042
20) JEFFERSON CC
3801 Beacon Ave. S, 98108
tel: 206-684-7481

21) RAINIER CC
4600 38th Ave. S, 98118
tel: 206-386-1919
22) RAINIER BEACH CC
8825 Rainier Ave. S, 98118
tel: 206-386-1925

23) VAN ASSELT CC
2820 S Myrtle St., 98108
tel: 206-386-1921
24) YESLER CC
917 E Yesler Way, 98122
tel: 206-386-1245

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Signature Programs

Dementia-Friendly Recreation
Tamara Keefe:
206-615-0100
cell 206-399-4655
tamara.keefe@seattle.gov

Rainbow Recreation
Tamara Keefe:
206-615-0100
cell 206-399-4655
tamara.keefe@seattle.gov

Outdoor Recreation
cell 206-849-6564
sound.steps@seattle.gov

BOLLYWOOD FITNESS						
Delridge						
48099	7/7-8/25	Thu	11 a.m.-Noon	A Carver	\$56	
CHAIR STRENGTH AND TONE						
Bitter Lake						
46597	7/11-8/22	Mon	1:45-2:45 p.m.	D Dragovich	Free	
Meadowbrook						
48615	7/6-8/24	Wed	12:30-1:30 p.m.	D Dragovich	\$35	
CIRCUIT TRAINING						
Video Link - Bitter Lake: https://youtu.be/JpJLEntLKAM						
Video Link - Queen Anne: https://youtu.be/Faj4Hn5-fR0						
Bitter Lake						
46600	7/8-8/26	Fri	9:30-10:30 a.m.	R Buyce	\$56	
Loyal Heights						
46599	7/5-8/23	Tue	9:30-10:30 a.m.	R Buyce	\$56	
46598	7/7-8/25	Thu	9:30-10:30 a.m.	R Buyce	\$56	
Meadowbrook						
47399	7/8-8/26	Fri	11:30 a.m.-12:30 p.m.	R Buyce	\$56	
DANCE FOR PARKINSON'S						
Garfield						
48765	7/7-8/25	Thu	10-11:30 a.m.		Free	
DANCE - TRADITIONAL AND CONTEMPORARY ASIAN						
Jefferson						
<i>All Levels</i>						
48320	7/9-8/20	Sat	2-3:45 p.m.	S Ma	Free	



ENHANCE FITNESS						
Magnolia						
KP and ASH Members						
46603	7/5-8/23	Tue	9:30-10:30 a.m.	R Buyce	\$56	
46601	7/7-8/25	Thu	9:30-10:30 a.m.	R Buyce	\$56	
Self-Pay						
46604	7/5-8/23	Tue	Noon-1 p.m.	K Adolphsen	\$42	
46602	7/7-8/25	Thu	Noon-1 p.m.	K Adolphsen	\$56	
Magnuson						
KP and ASH Members						
47396	7/5-8/23	Tue	9:30-10:30 a.m.	C House	Free	
47397	7/7-8/25	Thu	9:30-10:30 a.m.	J Shearer	Free	
Self-Pay						
46503	7/5-8/23	Tue	9:30-10:30 a.m.	C House	\$56	
46504	7/7-8/25	Thu	9:30-10:30 a.m.	J Shearer	\$56	
Meadowbrook						
KP and ASH Members						
47402	7/6-8/24	Wed	9:40-10:40 a.m.	C House	Free	
47400	7/8-8/26	Fri	9:40-10:40 a.m.	C House	Free	
Self-Pay						
47403	7/6-8/24	Wed	9:40-10:40 a.m.	C House	\$56	
47401	7/8-8/26	Fri	9:40-10:40 a.m.	C House	\$56	
Garfield						
KP and ASH Members						
48450	7/6-8/24	Wed	10:30-11:30 a.m.	YS Gartz	Free	
48452	7/8-8/26	Fri	10:30-11:30 a.m.	YS Gartz	Free	
Self-Pay						
48449	7/6-8/24	Wed	10:30-11:30 a.m.	YS Gartz	\$56	
48451	7/8-8/26	Fri	10:30-11:30 a.m.	YS Gartz	\$56	
Virtual						
KP and Ash Members						
49184	7/6-8/24	Wed	11:45 a.m.-12:45 p.m.	YS Gartz	Free	
49182	7/8-8/26	Fri	11:45 a.m.-12:45 p.m.	YS Gartz	Free	
Self-Pay						
49185	7/6-8/24	Wed	11:45 a.m.-12:45 p.m.	YS Gartz	\$56	
49183	7/8-8/26	Fri	11:45 a.m.-12:45 p.m.	YS Gartz	\$56	
FABULOUSLY FIT						
Magnolia						
46605	7/6-8/24	Wed	9:30-10:45 a.m.	K Adolphsen	\$70	
FITNESS AT DELRIDGE						
Delridge						
48100	7/6-8/24	Wed	11 a.m.-Noon	S Simmons	\$56	
JUGGLING FOR PARKINSON'S AND OTHERS						
Loyal Heights						
46608	7/11-8/22	Mon	1:15-2:15 p.m.	R Engel	\$49	

LINE DANCE						
Video Link: https://youtu.be/n4CVebDKpDg						
High Point						
48104	7/7-8/25	Thu	11:15 a.m.-12:15 p.m.	S Simmons	\$56	
Ballard						
49018	7/6-8/24	Wed	5:45-6:45 p.m.	C Banta	\$24	
Meadowbrook						
All Levels						
48448	7/7-8/25	Thu	1:15-2:15 p.m.	C Jennings	\$56	
New Holly Learning Center						
Beginner						
48812	7/5-8/23	Tue	9:45-10:45 a.m.	M Chen	\$56	
Van Asselt Outdoor Area						
Advanced Beginner						
48813	7/5-8/23	Tue	11 a.m.-Noon	M Chen	\$56	
LATIN LINE DANCE						
Lake City						
All Levels						
48433	7/5-8/23	Tue	Noon-1 p.m.	C Jennings	\$56	
SOUL LINE DANCE						
Magnuson Fins—Outdoor						
All Levels						
47317	7/11-8/22	Mon	10:30-11:30 a.m.	M Silver	\$49	
Beginner						
46564	7/8-8/26	Fri	10:30-11:30 a.m.	M Silver	\$56	
Ongoing						
46562	7/8-8/26	Fri	9:15-10:15 a.m.	M Silver	\$56	

PILATES						
Video Link: https://youtu.be/C6iGDqezc3M						
Loyal Heights						
46611	7/11-8/22	Mon	Noon-1 p.m.	D Dragovich	\$49	
Meadowbrook						
48613	7/6-8/24	Wed	11:15 a.m.-12:15 p.m.	D Dragovich	\$35	
Northgate						
48315	7/7-8/25	Thu	5-6 p.m.	D Dragovich	\$56	
Virtual						
46568	7/5-8/23	Tue	11:30 a.m.-12:30 p.m.	D Dragovich	\$56	
STRENGTH AND CONDITIONING						
Magnuson Fins—Outdoor						
47316	7/11-8/22	Mon	9:15-10:15 a.m.	M Silver	\$49	
Magnuson Shelter 3—Outdoor						
46563	7/7-8/25	Thu	8:15-9:15 a.m.	J Shearer	\$56	



facebook.com/LifelongRecreationSPR/





TAI CHI						
Video Link: https://youtu.be/J82jluSOs5s						
Green Lake—Outdoor Space						
46612	7/6-8/24	Wed	10:30-11:30 a.m.	E Baxa	\$56	
49066	7/6-8/24	Wed	11:45 a.m.-12:45 p.m.	E Baxa	\$56	
Magnuson Shelter 2—Outdoor						
<i>All Levels</i>						
48224	7/5-8/23	Tue	10-11 a.m.	E Baxa	\$56	
Meadowbrook						
<i>All Levels</i>						
47405	7/8-8/26	Fri	8:30-9:30 a.m.	E Baxa	\$56	

TAI CHI AND QIGONG						
Garfield						
<i>All Levels</i>						
48729	7/11-8/22	Mon	10:15-11:15 a.m.	E Baxa	\$49	
IDCC						
48319	7/5-8/23	Tue	9:45-10:45 a.m.	K Philomin	\$56	
48608	7/7-8/25	Thu	9:45-10:45 a.m.	K Philomin	\$56	
Magnuson Shelter 2—Outdoor						
<i>Beginning</i>						
49117	7/7-8/25	Thu	11:15 a.m.-12:15 p.m.	A Peizer	\$49	
48764	7/8-8/26	Fri	10:15-11:15 a.m.	A Peizer	\$49	
T'AI CHI CHIH®						
Miller						
48776	7/11-8/22	Mon	2-3 p.m.	TBD	\$49	

WORLD BEAT DANCE AEROBICS						
Meadowbrook						
47407	7/11-8/22	Mon	1-2 p.m.	Mish Mish	\$49	
YOGA						
Chair Yoga						
Bitter Lake						
48991	7/8-8/26	Fri	11 a.m.-Noon	S Abbasi	Free	
Gentle Yoga						
Video Link: https://youtu.be/-rbaj950AtE						
Bitter Lake						
46606	7/6-8/24	Wed	10:30-11:30 a.m.	H Karrfalt	\$56	
High Point						
48101	7/11-8/22	Mon	10-11 a.m.	J Reed	\$42	
48102	7/6-8/24	Wed	10-11 a.m.	J Reed	\$49	
Loyal Heights						
46607	7/11-8/22	Mon	10:45-11:45 a.m.	R MacDonald	\$49	
Magnuson						
48485	7/6-8/24	Wed	9:30-10:30 a.m.	J Robin	\$42	
Miller						
48772	7/11-8/22	Mon	11:45 a.m.-12:45 p.m.	L Gardener	\$49	
48773	7/6-8/24	Wed	11:45 a.m.-12:45 p.m.	L Gardener	\$56	
Outdoor Yoga						
Magnuson Shelter 2 —Outdoor						
46566	7/8-8/26	Fri	9-10 a.m.	H Mair	\$56	

Vini Yoga						
Loyal Heights						
46614	7/6-8/24	Wed	10:45-11:45 a.m.	A Mason	\$49	
Magnolia						
46613	7/8-8/26	Fri	9:30-10:30 a.m.	M Alex	\$56	
Meadowbrook						
47406	7/11-8/22	Mon	9:30-10:30 a.m.	H Mair	\$49	
Northgate						
48316	7/7-8/18	Thu	9:30-10:30 a.m.	H Mair	\$49	
Virtual						
46567	7/5-8/23	Tue	9:30-10:30 a.m.	H Mair	\$56	
ZUMBA®						
Delridge						
48112	7/5-8/23	Tue	11 a.m.-Noon	M Jorgensen	\$56	
ZUMBA® GOLD						
Video Link: https://youtu.be/mzy3RR_SfuQ						
Lake City						
48607	7/7-8/25	Thu	12:30-1:30 p.m.	M Park	\$56	
Loyal Heights						
46615	7/7-7/28	Thu	9:30-10:30 a.m.	S Price	Free	
Magnolia						
46616	7/8-7/29	Fri	10:30-11:30 a.m.	M Jorgensen	\$28	
Meadowbrook						
47408	7/8-8/26	Fri	1-2 p.m.	M Park	\$56	



ADULT SPORTS

For information about any Adult Sports visit our website at:

<http://www.seattle.gov/parks/find/adult-sports-teams-and-programs>,

or contact Jayson Powell at:

206-684-7092, cell 206-295-2465,

email: jayson.powell@seattle.gov.



Pickleball at a Glance

Please call the community center for days, times, and to register.

Pickleball		Free
NORTHWEST		
Bitter Lake		206-684-7524
Loyal Heights		206-684-4052
Magnolia		206-386-4235
NORTHEAST		
Magnuson		206-684-7026
Meadowbrook		206-684-7522
Northgate		206-386-4283
Ravenna-Eckstein		206-684-7534
CENTRAL		
Garfield		206-684-4788
SOUTHWEST		
High Point		206-684-7422
SOUTHEAST		
Rainier		206-386-1919
Van Asselt		206-386-1921
Yesler		206-386-1245

Come work out at our Fitness Centers

Exercise machines, free weights, and cardio equipment. Please call the corresponding community center for up to date fitness room information.

OUR FITNESS CENTERS ARE NOW FREE!

Delridge	206-684-7423
Garfield	206-684-4788
Hiawatha	206-684-7441
International District Chinatown	206-233-7061
Loyal Heights	206-684-4052
Meadowbrook	206-684-7522
Northgate	206-386-4283
Queen Anne	206-386-4240
Rainier Beach	206-386-1925
Rainier CC	206-386-1919
Van Asselt	206-386-1921
Yesler	206-386-1245

Drop-In Tennis

Free senior (age 65+) drop-in tennis at Amy Yee Tennis Center on Mondays and Fridays from 1:45-3 p.m. this summer.

For more information, or to reserve a space, call Amy Yee Tennis Center at 206-684-4764.





Green Lake Small Craft Center & Mt. Baker Rowing and Sailing offer beginner boating classes!



Try Rowing, Paddling, and Sailing in 2022!

For more information, call:

Green Lake Small Craft Center: (206) 684-4074 or Mount Baker Rowing and Sailing: (206) 386-1913

Let us help you get your feet wet!

POOLS - YEAR-ROUND INDOOR

Ballard Pool	206-684-4094
1471 NW 67th St.	
Evans Pool	206-684-4961
7201 E Green Lake Drive N	
Helene Madison Pool	206-684-4979
13401 Meridian Ave. N	
Meadowbrook Pool	206-684-4989
10515 35th Ave. NE	
Medgar Evers Pool	206-684-4766
500 23rd Ave.	
Queen Anne Pool	206-386-4282
1920 1st Ave. W	
Rainier Beach Pool	206-386-1925
8825 Rainier Ave. S	
Southwest Pool	206-684-7440
2801 SW Thistle St.	

Wellness Aquatic Activities

Visit <http://www.seattle.gov/parks/pools.asp> for a complete list of what Seattle Pools has to offer.

Our programs include:

Lap Swim
Adult Swim
Senior Swim
Women Only Swim
Shallow Water Fitness
Deep Water Fitness
Hydro-Fit
Stretch N Flex* AquaZumba
Adult Swim Lessons



* Low-impact and perfect for seniors looking for ways to improve joint range of motion and flexibility.

HOW TO

How to Register Online

One of the best methods to register for programs is online. You don't have to wait in line or hope someone can answer the phone. This can be daunting and confusing if you are not familiar with the process. In this workshop you will learn how to navigate the Seattle Parks and Recreation online registration system yourself. You will be shown step by step how to do it with easy-to-follow instructions.

Virtual

48730 8/2 Tue 10-11 a.m. Free

How to Use Webex for Virtual Classes

Practice navigating Webex, our virtual programming platform for virtual classes on your computer. Gain confidence and troubleshoot any problems BEFORE your first day of class, so you are ready to go. No pressure, we are learning together

Virtual

48111 7/11 Mon 3-4 p.m. Free

LIFELONG LEARNING

Virtual Speaker Series

Whiskey and Wiretaps:

The Northwest's Rumrunning King

A Humanities of Washington Presentation: Steve Edmiston brings PNW history to life, talking about Roy Olmstead, the youngest lieutenant in Seattle Police Department history, and his reign as the Northwest's most prolific bootlegger. Using photos, documents, newspapers, and court cases, Steven Edmiston breathes life into Olmstead's story by exploring historical context, his entrepreneurial brilliance, his code of conduct, and the profound impact of his legal battles today. What can we learn today from "the Good Bootlegger's" story of whiskey driven politics, culture wars, and the criminalization of popular social behavior, illegal surveillance, spies, sensational trials, and Constitution-bending trips to the Supreme Court?

Virtual

47754 7/14 Thu 1-2:30 p.m. Free

The River That Made Seattle

A Humanities of Washington Presentation: Through the story of the river, author BJ Cummings explores previously unrecorded Native and immigrant histories, and exposes settler falsehoods about the founding of the state. Unfortunately, the very utility of the river was its undoing, as decades of dumping led to the river being declared a Superfund cleanup site. The river's story is a call to action to align future decisions with values of collaboration, respect, and justice.

Virtual

47842 7/28 Thu 1-2:30 p.m. Free

Redefining Protest Through Music

A Humanities of Washington Presentation: Using roots music as a lens, Ben Hunter and Joe Seamons draw on stories, songs, and the people behind protest movements from around the world, connecting them with layered conceptions of heritage. Acts of protest tap into layers of our heritage and identity that strengthen the foundations of what we are fighting for. So how can we root ourselves more deeply in our heritage and identity, thereby strengthening our fight against injustice?

Virtual

47802 9/21 Wed 3-4:30 p.m. Free



VIRTUAL SPEAKER SERIES

Humanities Washington



WHISKEY & WIRETAPS

July 14, 2022 @ 1pm • #47754

Steve Edmiston brings PNW history to life, talking about Roy Olmstead, the youngest lieutenant in Seattle Police Department history, and his reign as the Northwest's most prolific bootlegger and the effects it brought to our present.



THE RIVER THAT MADE SEATTLE

July 28, 2022 @ 1pm • #47842

Through the story of the river, author BJ Cummings explores previously unrecorded Native and immigrant histories, and exposes settler falsehoods about the founding of the state.



REDEFINING PROTEST THROUGH MUSIC

September 21, 2022 @ 3pm • #47802

Using roots music as a lens, Ben Hunter and Joe Seamons draw on stories, songs, and the people behind protest movements from around the world, connecting them with layered conceptions of heritage.



← REGISTER HERE

or call your local community center.

For more information, contact robin.brannman@seattle.gov




FITNESS CLASSES

Please note: Fees may vary due to number of days a class is offered, seasonal holidays, center closures, etc. Participate at your own level of intensity, wear comfortable clothing, and bring a water bottle.



Strength and Conditioning

EnhanceFitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. This evidence-based program is offered in partnership with Sound Generations. An EnhanceFitness participant information and health history form are collected annually, prior to registration. Forms location: <https://www.seattle.gov/parks/find/for-adults-50>. Kaiser Permanente members with Part B Medicare coverage must provide a copy of their membership card with their forms. Silver and Fit participants, write your member number at the top of your forms. Mail to: Lifelong Recreation, Magnuson Bldg 30, 6310 NE 74th St, Seattle, 98115.

Note: Screening forms take up to two weeks to process. Free to Kaiser Permanente Part B Medicare coverage participants. American Specialty Health (ASH) Silver and Fit will cover in-person classes and is limited to 10 visits a month. To learn more about EnhanceFitness visit <https://projectenhance.org/enhancefitness/> and <https://projectenhance.org/about-us/>.

KP and Ash Members

49184	7/6-8/24	Wed	11:45 a.m.-12:45 p.m.	YS Gartz	Free
49182	7/8-8/26	Fri	11:45 a.m.-12:45 p.m.	YS Gartz	Free

Self-Pay

49185	7/6-8/24	Wed	11:45 a.m.-12:45 p.m.	YS Gartz	\$56
49183	7/8-8/26	Fri	11:45 a.m.-12:45 p.m.	YS Gartz	\$56

Yoga and Pilates

Pilates

Pilates can stretch and strengthen the body in keeping with balance and alignment. Mat exercises focus on finding the muscles of your powerhouse (your core or center) and strengthening this area to support your spine. Mat work enhances posture, a strong center, suppleness, a toned body and an improved sense of well-being. Feel invigorated after work out!

Virtual

46568	7/5-8/23	Tue	11:30 a.m.-12:30 p.m.	D Dragovich	\$56
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Vini Yoga

Stretch and move with awareness, correct alignment, and a focus on breath to increase strength and stamina, improve flexibility, and develop better balance, posture, poise, and peace of mind.

Virtual

46567	7/5-8/23	Tue	9:30-10:30 a.m.	H Mair	\$56
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Carol Baxter-Clubine
Northwest
Recreation Specialist

206-233-7138 / cell 206-399-8561
carol.baxter@seattle.gov

REGISTRATION

Register for programs using the barcode number listed next to each program. Registration and payment details can be found on page 42. For accommodation requests, please call 206-684-7548.

SCHOLARSHIPS

The scholarship cycle runs June 2022–June 2023. Have your application approved prior to registration. See page 42 for details.

TRIPS

DEPARTURE SITES

Ballard Community Center
6020 28th Ave. NW
South of bldg, angled parking lot

Bitter Lake Community Center
13035 Linden Ave. N
North parking lot at street level

DEPARTURE TIMES

SOUTHBOUND TRIPS:

Bitter Lake: 20 minutes before time listed.

Ballard: at time listed.

NORTHBOUND TRIPS:

Ballard: 20 minutes before time listed.

Bitter Lake: at time listed.

BACK IN MOTION

Our **Back in Motion** programs provide fitness classes and educational programs for people with chronic pain or new to exercise, and are noted with a blue stripe on the class number line, like the one noted here.

SHAPE UP

If you are new to any **Shape Up** class, receive \$10 off your first class. **Shape Up** classes are noted by an orange asterisk next to the registration number, e.g. 160978*.

FIELD TRIPS

Kubota Garden

Enjoy the garden at your leisure. Stroll through 20 acres of beautiful, sculpted landscape and enjoy the serenity of nature. We will picnic in the garden following our stroll, bring a sack lunch.

Northbound

48365 7/27 Wed 9:30 a.m.-1 p.m. \$10

Seward Park

The views of Lake Washington are amazing from Seward Park. Enjoy a 2.5 mile loop walk around the park. Trail is paved and level. Bring a sack lunch to enjoy afterwards.

Northbound

48366 8/10 Wed 10 a.m.-1 p.m. \$10

Lunch Club

Explore the hottest restaurants in town, and out! Register ahead of time and BRING CASH; separate checks not always available; expect 17-20% gratuity on your bill. Lunch on your own.

Lunch Club departure sites will now follow field trip departure sites of Northbound and Southbound.

Arnie's \$\$-\$\$\$

Enjoy local seafood.

Northbound

48364 7/13 Wed 11 a.m.-12:30 p.m. \$18

SOCIAL PROGRAMS

Games

Drop-In Bridge

Enjoy a game of bridge.

Magnolia

48240 6/29-8/31 Wed 9 a.m.-Noon

Free

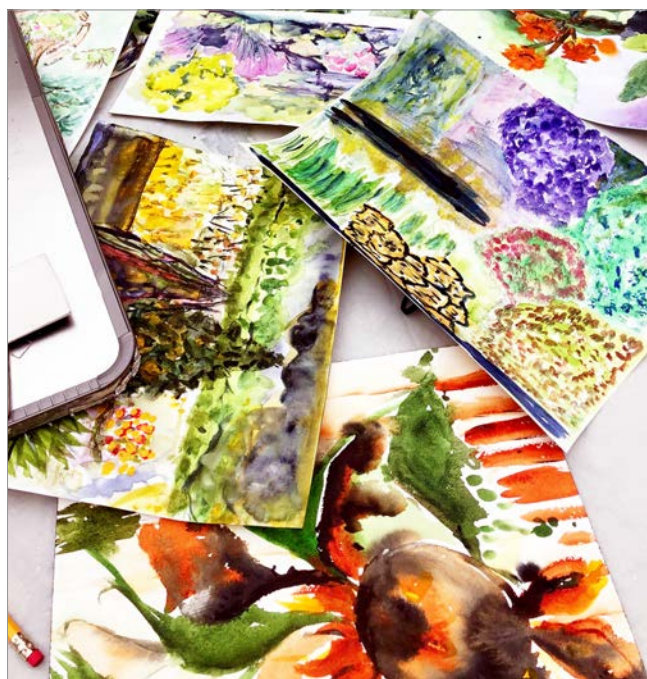
ARTS AND HANDWORK

Watercolor

If you have never picked up a brush before or are an experienced watercolorist, our classes are right for you. Receive individual attention to enhance your skills. Bring your own paints and brushes. Individual instructors will provide materials list. In this class a demonstration is taught after each lesson with instruction.

Loyal Heights

48367 7/12-8/23 Mon 10:30 a.m.-1 p.m. S Kahler \$74



DROP-IN FITNESS

Pickleball at a Glance

See page 9 for community center information for days, times, and registration.

Register online at www.seattle.gov/parks

FITNESS CLASSES

Please note: Fees may vary due to number of days a class is offered, seasonal holidays, center closures, etc. Participate at your own level of intensity, wear comfortable clothing, and bring a water bottle.

Aerobics and Dance

Fabulously Fit

Learn how to improve endurance, strength, agility, core, balance, flexibility, and range of motion.

Magnolia

46605 7/6-8/24 Wed 9:30-10:45 a.m. K Adolphsen \$70

Juggling for Parkinson's and Others

Exercise is perhaps the best treatment for people with Parkinson's disease. Learning to juggle can help improve coordination, balance, upper body strength, concentration, and cardio conditioning. Exercises will be modified so that everyone can succeed. Juggling will be done with beach balls, racket balls, and traditional juggling bags. This class is also appropriate for anyone wanting to learn how to juggle.

Loyal Heights

46608 7/11-8/22 Mon 1:15-2:15 p.m. R Engel \$49

Line Dance

Learn how to improve endurance, strength, agility, core, balance, flexibility, and range of motion.

Ballard

49018 7/6-8/24 Wed 5:45-6:45 p.m. C Banta \$24

Zumba® Gold

Ditch the workout, join the party! Fun is the key ingredient to this low impact Latin inspired dance fitness class. No rhythm required. Try a class and leave happy!

Loyal Heights

46615* 7/7-7/28 Thu 9:30-10:30 a.m. S Price Free

Magnolia

46616 7/8-7/29 Fri 10:30-11:30 a.m. M Jorgensen \$28

Class qualifies for \$10 off **SHAPE UP COUPON if you are a new student.*

Summer Quarter July 5-August 26

15

Strength and Conditioning

Chair Strength and Tone

Strengthen and tone all muscle groups for improved health and fitness in this low-level fitness class. Great for those who are just starting an exercise regimen, or those who need to stay fit but need the security of a chair.

Bitter Lake

46597*	7/11-8/22	Mon	1:45-2:45 p.m.	D Dragovich	Free
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Circuit Training

Become a stronger you! Circuit training strengthens your major muscle groups as you rotate among training stations.

Bitter Lake

46600*	7/8-8/26	Fri	9:30-10:30 a.m.	R Buyce	\$56
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Loyal Heights

46599*	7/5-8/23	Tue	9:30-10:30 a.m.	R Buyce	\$56
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46598*	7/7-8/25	Thu	9:30-10:30 a.m.	R Buyce	\$56
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EnhanceFitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. This evidence-based program is offered in partnership with Sound Generations. An EnhanceFitness participant information and health history form are collected annually, prior to registration. Forms location: <https://www.seattle.gov/parks/find/for-adults-50>. Kaiser Permanente members with Part B Medicare coverage must provide a copy of their membership card with their forms. Silver and Fit participants, write your member number at the top of your forms. Mail to: Lifelong Recreation, Magnuson Bldg 30, 6310 NE 74th St, Seattle, 98115.

Note: Screening forms take up to two weeks to process. Free to Kaiser Permanente Part B Medicare coverage participants. American Specialty Health (ASH) Silver and Fit will cover in-person classes and is limited to 10 visits a month. To learn more about EnhanceFitness visit <https://projectenhance.org/enhancefitness/> and <https://projectenhance.org/about-us/>.

Magnolia

KP and ASH Members

46603	7/5-8/23	Tue	Noon-1 p.m.	K Adolphsen	Free
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46601	7/7-8/25	Thu	Noon-1 p.m.	K Adolphsen	Free
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Self-Pay

46604	7/5-8/23	Tue	Noon-1 p.m.	K Adolphsen	\$42
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46602	7/7-8/25	Thu	Noon-1 p.m.	K Adolphsen	\$56
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Tai Chi and Qigong

Tai Chi

Maintain and restore bone mass, equilibrium, and poise, while playfully exploring vital energy.

Green Lake—Outdoor Space

46612	7/6-8/24	Wed	10:30-11:30 a.m.	E Baxa	\$56
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49066	7/6-8/24	Wed	11:45 a.m.-12:45 p.m.	E Baxa	\$56
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Yoga and Pilates

We have a limited supply of yoga and pilates gear for new participants. We recommend that you bring your own equipment.

Pilates

Stabilize and strengthen the core muscles of your abdominals and back while improving your flexibility and posture.

Loyal Heights

46611*	7/11-8/22	Mon	Noon-1 p.m.	D Dragovich	\$49
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Yoga

Stretch and move with awareness, correct alignment, and a focus on breath to increase strength and stamina, improve flexibility, and develop better balance, posture, and peace of mind. Non-flow style.

Chair Yoga

Bitter Lake No class 7/8 and 8/19

48991	7/8-8/26	Fri	11 a.m.-Noon	S Abbasi	Free
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Gentle Yoga

Bitter Lake

46606*	7/6-8/24	Wed	10:30-11:30 a.m.	H Karrfalt	\$56
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Loyal Heights

46607*	7/11-8/22	Mon	10:45-11:45 a.m.	R MacDonald	\$49
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Vini Yoga

Loyal Heights

46614	7/6-8/24	Wed	10:45-11:45 a.m.	A Mason	\$49
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Magnolia

46613	7/8-8/26	Fri	9:30-10:30 a.m.	M Alex	\$56
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Class qualifies for \$10 off **SHAPE UP COUPON if you are a new student.*



Robin Brannman
Northeast
Recreation Specialist

206-386-9106 / cell 206-300-2043
robin.brannman@seattle.gov

REGISTRATION

Register for programs using the barcode number listed next to each program. Registration and payment details can be found on page 42. For accommodation requests, please call 206-684-7548.

SCHOLARSHIPS

The scholarship cycle runs June 2022–June 2023. Have your application approved prior to registration. See page 42 for details.

TRIPS

DEPARTURE SITES

Meadowbrook Community Center
10517 35th Ave. NE

NEW DEPARTURE LOCATION

Northgate CC
10510 5th Ave. NE

DEPARTURE TIMES

NORTHBOUND TRIPS:

Meadowbrook: at time listed.

Northgate: 20 minutes before time listed.

SOUTHBOUND TRIPS:

Meadowbrook: 20 minutes before time listed.

Northgate: at time listed.

BACK IN MOTION

Our **Back in Motion** programs provide fitness classes and educational programs for people with chronic pain, or who are new to exercise, and are noted with a blue stripe on the class number line, like the one noted here.

FIELD TRIPS

Lunch at St. Edwards Lodge

St. Edward's Seminary has been transformed to The Lodge at Saint Edward. Start with a walk of Bastyr Medicinal Gardens. Then we will have time to take a self-guided QR tour of the lodge, followed by lunch in the Cedar+Elm dining hall, former space of the Seminary dining hall with original windows and historic design details. Lunch inside, or on the terrace to soak in the tranquil, natural beauty of the surrounding state park.

Northbound

48579 7/25 Mon 9:30 a.m.-1:30 p.m. \$18

Carkeek Park

2 hours at Carkeek Park! We will start at the lower parking lot. From there you can explore the surroundings. Walk through a mature forest or take a peaceful beach walk. Take in the sights and sounds of Puget Sound, breathe the fresh air, and people watch. Bring a sack lunch. Meet at picnic tables 35 and 36.

Southbound

48566 8/3 Wed 10 a.m.-2 p.m. \$10

Deering Wildflower Acres

Accented by thick forest and an extensive trail system that weaves through ponds and wetlands, this 30-acre sensitive area includes a second growth forest and established trail network of 1.2 miles, and is special for its quiet and solitude. Marysville Parks. Paths are not paved. Bring a sack lunch.

Northbound

48561 8/8 Mon 9:30 a.m.-2:30 p.m. \$18



SOCIAL PROGRAMS

Book Clubs

Book Club at Meadowbrook

Meadowbrook book club returns! Explore new books, ask interesting questions while listening to different points of view, varied interpretations, metaphors, and themes. Co-organizer needed. Meets the 3rd Thursday of every month: 7/21, 8/18.

Meadowbrook

47398 Thu 11 a.m.-Noon Free

Games

Drop-In Mahjong

Drop-In and play mahjong!

Lake City

7/7-8/25 Thu 11 a.m.-2 p.m. Free

NEW Mahjong Lessons

Mahjong bears a great resemblance in play to certain card games, namely those of the rummy family and is fun to play. This class will introduce beginners to the basic rules and regulations of the game. Class size is limited to 5 participants so register early.

Lake City

48628 7/7-7/28 Thu 9:30-11 a.m. \$24

ARTS AND HANDWORK

Brig Artist Studio

In this 4-hour, mentored art studio class you will work independently on your artwork in a supportive encouraging and friendly group. All levels are welcome and must be able to work independently. Individual and group critiques are given each class. All mediums welcome. Students are responsible for their own art supplies.

Magnuson Brig

46545	7/1-7/29	Fri	10 a.m.-2 p.m.	Pope/Frazer	\$112
46547	8/5-8/26	Fri	10 a.m.-2 p.m.	Pope/Frazer	\$112

Painting in the Community

Join others to paint as a community of artists in any water medium, using your own supplies. There is no formal teaching during this time. There is plenty of peer suggestion and support! Registration required.

Magnuson Brig

48486 7/5-8/23 Tue 10 a.m.-Noon. Free

Outdoor Watercolor with Sandra Kahler

We will set up in the beautiful Tranquility Garden located next to the p-patch. Bring your paints, brushes, and joy of painting. A demonstration is taught after each lesson with instruction. Some tables and seating provided. Bring your own easel and chair if you have them. All skill levels welcome.

Tranquility Garden

47395 7/7-8/25 Thu 9:30 a.m.-Noon S Kahler \$84



Discover your creative side with some great instruction!

DROP-IN FITNESS

Pickleball at a Glance

See page 9 for community center information for days, times, and registration.

FITNESS CLASSES

Please note: Fees may vary due to number of days a class is offered, seasonal holidays, center closures, etc. Participate at your own level of intensity, wear comfortable clothing, and bring a water bottle.

Aerobics and Dance

World Beat Dance Aerobics

Get fit and have fun while you exercise to music from around the world combining aerobics with movements inspired by flamenco, belly dance, Bollywood, line dance, and popular Latin moves.

Meadowbrook

47407	7/11-8/22	Mon	1-2 p.m.	Mish Mish	\$49
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Line Dance—Popular Music

Work out your mind and body. Learn new dance patterns to all kinds of great music.

Meadowbrook

All Levels

48448	7/7-8/25	Thu	1:15-2:15 p.m.	C Jennings	\$56
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NEW Latin Line Dance

A fantastic way to learn the Latin American rhythms without needing a partner! Join us for this solo class and learn the foundations of Cha Cha, Jive, Samba, Salsa and more. You will love the music and make new friends!

Lake City

All Levels

48433	7/5-8/23	Tue	Noon-1 p.m.	C Jennings	\$56
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Soul Line Dance

Not just country! Line dance to an assortment of music genres, including soul, rhythm and blues, as well as country. Work out your mind and body. Learn new dance patterns to all kinds of great music.

Magnuson Fins—Outdoor

All Levels

47317	7/11-8/22	Mon	10:30-11:30 a.m.	M Silver	\$49
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Beginner

46564	7/8-8/26	Fri	10:30-11:30 a.m.	M Silver	\$56
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Ongoing

46562	7/8-8/26	Fri	9:15-10:15 a.m.	M Silver	\$56
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Zumba® Gold

Ditch the workout, join the party! Fun is the key ingredient to this low impact Latin inspired dance fitness class. No rhythm required. Try a class and leave happy!

Lake City NEW

48607	7/7-8/25	Thu	12:30-1:30 p.m.	M Park	\$56
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Meadowbrook

47408	7/8-8/26	Fri	1-2 p.m.	M Park	\$56
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Strength and Conditioning

Chair Strength and Tone

Strengthen and tone all muscle groups for improved health and fitness in this low-level fitness class. Great for those who are just starting an exercise regimen, or those who need to stay fit but need the security of a chair.

Meadowbrook

48615	7/6-8/24	Wed	12:30-1:30 p.m.	D Dragovich	\$56
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Circuit Training

Become a stronger you! In this fitness program you will move from one strength training station to the next with cardio intervals in-between.

Meadowbrook

47399	7/8-8/26	Fri	11:30 a.m.-12:30 p.m.	R Buyce	\$56
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FITNESS CLASSES



EnhanceFitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. This evidence-based program is offered in partnership with Sound Generations. An EnhanceFitness participant information and health history form are collected annually, prior to registration. Forms location: <https://www.seattle.gov/parks/find/for-adults-50>. Kaiser Permanente members with Part B Medicare coverage must provide a copy of their membership card with their forms. Silver and Fit participants, write your member number at the top of your forms. Mail to: Lifelong Recreation, Magnuson Bldg 30, 6310 NE 74th St, Seattle, 98115.

Note: Screening forms take up to two weeks to process. Free to Kaiser Permanente Part B Medicare coverage participants. American Specialty Health (ASH) Silver and Fit will cover in-person classes and is limited to 10 visits a month. To learn more about EnhanceFitness visit <https://projectenhance.org/enhancefitness/> and <https://projectenhance.org/about-us/>.

Magnuson

KP and ASH Members

47396	7/5-8/23	Tue	9:30-10:30 a.m.	C House	Free
47397	7/7-8/25	Thu	9:30-10:30 a.m.	J Shearer	Free

Self-Pay

46503	7/5-8/23	Tue	9:30-10:30 a.m.	C House	\$56
46504	7/7-8/25	Thu	9:30-10:30 a.m.	J Shearer	\$56

Meadowbrook

KP and ASH Members

47402	7/6-8/24	Wed	9:40-10:40 a.m.	C House	Free
47400	7/8-8/26	Fri	9:40-10:40 a.m.	C House	Free

Self-Pay

47403	7/6-8/24	Wed	9:40-10:40 a.m.	C House	\$56
47401	7/8-8/26	Fri	9:40-10:40 a.m.	C House	\$56

Strength and Conditioning

ENERGIZE your morning stretching, swooping, and strengthening! You will go through a series of exercises to build strength, flexibility, balance, and achieve better overall conditioning. This class will leave you feeling happy and connected.

Magnuson Fins—Outdoor **NEW**

47316	7/11-8/22	Mon	9:15-10:15 a.m.	M Silver	\$49
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Magnuson Shelter 3—Outdoor

46563	7/7-8/25	Thu	8:15-9:15 a.m.	J Shearer	\$56
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Try some outdoor exercise with us!

FITNESS CLASSES



Tai Chi and Qigong

Tai Chi

Maintain and restore bone mass, equilibrium, and poise, while playfully exploring vital energy.

Magnuson Shelter 2—Outdoor

All Levels

48224	7/5-8/23	Tue	10-11 a.m.	E Baxa	\$56
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Meadowbrook

All Levels

47405	7/8-8/26	Fri	8:30-9:30 a.m.	E Baxa	\$56
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Qigong and Beginning Tai Chi

Relaxing, ancient, meditative qigong moves, connected to the five elements, are taught followed by the beginning steps of the Yang style short form of Tai Chi. No experience necessary. No class 7/14 and 7/15.

Magnuson Shelter 2—Outdoor

Beginning

49117	7/7-8/25	Thu	11:15 a.m.-12:15 p.m.	A Peizer	\$49
48764	7/8-8/26	Fri	10:15-11:15 a.m.	A Peizer	\$49

Yoga and Pilates

We have a limited supply of yoga and pilates gear for new participants. We recommend that you bring your own equipment.

Pilates

Stabilize and strengthen the core muscles of your abdominals and back while improving your flexibility and posture.

Meadowbrook

48613	7/6-8/24	Wed	11:15 a.m.-12:15 p.m.	D Dragovich	\$56
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Northgate

48315	7/7-8/25	Thu	5-6 p.m.	D Dragovich	\$56
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Yoga

Stretch and move with awareness, correct alignment, and a focus on breath to increase strength and stamina, improve flexibility, and develop better balance, posture, and peace of mind. Non-flow style.

Gentle Yoga

Magnuson

48485	7/6-8/24	Wed	9:30-10:30 a.m.	J Robin	\$56
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Outdoor Yoga

Magnuson Shelter 2—Outdoor

46566	7/8-8/26	Fri	9-10 a.m.	H Mair	\$56
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Vini Yoga

Meadowbrook

47406	7/11-8/22	Mon	9:30-10:30 a.m.	H Mair	\$49
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Northgate

48316	7/7-8/18	Thu	9:30-10:30 a.m.	H Mair	\$49
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Angela P. Smith
Central
Recreation Specialist

cell 206-450-9522
angelap.smith@seattle.gov

REGISTRATION

Register for programs using the barcode number listed next to each program. Registration and payment details can be found on page 42. You will be called 3 to 5 days prior to the trip to confirm details. For accommodation requests, please call 206-684-7548.

Rainbow Recreation Programs taking place in the Central area can be found on pages 32-33.

TRIPS

DEPARTURE SITES

Garfield CC—2323 E Cherry St.
Miller CC—330 19th Ave. E

DEPARTURE TIMES

Garfield CC: At time listed.
Miller CC: 15 minutes before time listed.

SCHOLARSHIPS

The scholarship cycle runs June 2022–June 2023. Have your application approved prior to registration. See page 42 for details.

FIELD TRIPS



Woodland Park Zoo

Woodland Park Zoo is a recipient of several Best National Exhibit Awards. Aren't we lucky to have such a gem! Let's check out the lions, tigers, and bears during our summer stroll in this wildlife conservation. Bring a sack lunch. Admission included.

48897 7/12 Tue 10 a.m.-3:30 p.m. \$10

Snoqualmie Falls

Snoqualmie Falls is a 268-foot waterfall located east of Seattle. It is one of Washington's most popular scenic attractions and is known internationally. Bring a sack lunch. Explore and walk the trails. Free time and ice cream (optional) at North Bend Outlets.

48898 8/9 Tue 10 a.m.-3:30 p.m. \$14



Breathtaking Snoqualmie Falls!

DROP-IN FITNESS

Pickleball at a Glance

See page 9 for community center information for days, times, and registration.

FITNESS CLASSES

Please note: Fees may vary due to number of days a class is offered, seasonal holidays, center closures, etc. Participate at your own level of intensity, wear comfortable clothing, and bring a water bottle.



Aerobics and Dance

Dance for Parkinson's

Explore dance movements in a welcoming environment with live music. You will stretch and strengthen muscles, focusing on balance and rhythm. Our professional dancers use thought, imagination, eyes, ears, and touch to control movement while standing or seated. Ideal for those with Parkinson's disease, caregivers, and friends.

Please note: registration with Seattle Parks & Recreation AND with Seattle Theatre Group Dance for PD® at shawnr@stgpresents.org is required to access the facility, as well as registration with NW Parkinson's Foundation at www.nwpcf.org is required.

Garfield

48765 7/7-8/25 Thu 10-11:30 a.m.

Free

Tai Chi

Tai Chi

Maintain and restore bone mass, equilibrium, and poise, while playfully exploring vital energy.

Garfield

All Levels

48729 7/11-8/22 Mon 10:15-11:15 a.m.

E Baxa

\$49



Have you tried tai chi? Now is the time!



John Hasslinger
Southwest
Recreation Specialist

206-256-5403 / cell 206-423-3988
john.hasslinger@seattle.gov

REGISTRATION

Register for programs using the barcode number listed next to each program. Registration and payment details can be found on page 42. For accommodation requests, please call 206-684-7548.

SCHOLARSHIPS

The scholarship cycle runs June 2022–June 2023. Have your application approved prior to registration. See page 42 for details.

TRIPS

DEPARTURE SITES AND TIMES

High Point Community Center

6920 34th Ave. SW

15 minutes before time listed.

Hiawatha Community Center

Departure at time listed on Walnut Ave. SW, east of CC, near parking area between CC and West Seattle High School.

Community center address: 2700 California Ave. SW.

TRIPS

Departure Site Request:

At the time of registration you will select your departure location from the available options. We do our best to proceed with our trips as planned; at times it is necessary to make changes to the times, cost, and destination. Please refrain from wearing fragrances.

FIELD TRIPS

Japanese Am Exclusion Memorial

We'll travel by van and ferry to experience the Japanese American Exclusion Memorial (outdoors), including a short docent tour (based on staffing capacity), then time on your own to eat lunch and peruse the quiet town of Winslow.

48746 7/22 Fri 9:45 a.m.–4:45 p.m. \$35

Learn about the Cedar River Watershed on a docent-led tour.



Flaming Geyser State Park

Picnic at a quaint outdoor shelter along the freshwater shoreline of Flaming Geyser State Park and the Green River. This park boasts over 500 acres of walking trails and a unique geological feature. Vans will make a brief stop at the famous Black Diamond Bakery en route to park. Lunch/goodies purchase on your own; pack lunch and water bottle.

48747 8/11 Thu 9:45 a.m.–4:45 p.m. \$29

Cedar River Watershed

Learn about the source of your Seattle drinking water and experience the exquisite views and fresh air of the Cascades. Docents will guide us on short walks to explore the Cedar Falls waterfall, the Masonry Dam and MORE—sharing the unique stories of the past, present, and future. We'll picnic above Chester Morse Lake, with time to explore the Educational Center. Be prepared to walk up to a ¼ mile. Bring a sack lunch and water bottle.

48748 8/25 Thu 9:30 a.m.–4 p.m. \$25

SPECIAL EVENTS

West Seattle Minstrels

Whether you sing in the shower, sing in a class, chorus, play an instrument or are an accomplished vocalist, the West Seattle Minstrels welcome you! No singing experience is necessary. Our 2022 seasonal performances will bring joy to retirement communities and nursing home residents. Join us for this short orientation to learn more.

Virtual

48508 6/27 Mon 3-4 p.m. Free

Owls—Silent Hunters in the Night

Learn how these remarkable birds of prey use specialized tools to hunt, kill, and devour their prey. 45 minute presentation followed by Q&A. Instructor, Pat Pilcher is a retired National Park Service Ranger and Naturalist.

High Point

48107 7/13 Wed 6-7 p.m. P Pilcher Free



Linda Reese headlines this summer's Line Dance Party!

Summer Celebration Line Dance Party

Lifelong Recreation's quarterly line dance party headlined by Ms. Linda Reese! Come in your dancing shoes and leave with a workout. Learn and dance some of the most popular line dances. All registrants will receive an emailed playlist and more details prior to the dance party

High Point

48106 7/15 Fri 1:30-4 p.m. L Reese \$9

SOCIAL PROGRAMS

Book Clubs

High Point Book Club

Meets the 2nd Thursday of each month. This is an active club seeking new members! Covid protocols communicated after registration.

Meets: 7/14 and 8/11.

High Point

48103 Thu 1-2 p.m. Free

VOLUNTEER

Volunteer Orientation

Make an impact in your community! Lifelong Recreation SW is currently seeking older adult volunteers to share their skills in music, pickleball, urban hikes, and MORE! Register here to receive more information and to begin a conversation.

Virtual

48580 7/18 Mon 3-4 p.m. Free

Come Line Dance with Suzanne Simmons!

Suzanne boasts 30+ years of experience teaching and performing dance of various genres. Her classes are upbeat, motivational, and effective for all body types and fitness levels. Register Today! Line Dance is on Thursdays at 11:15 a.m.—see page 26.



DROP-IN SPORTS

Pickleball at a Glance

See page 9 for community center information for days, times, and registration.

FITNESS

Please note: Fees may vary due to number of days a class is offered, seasonal holidays, center closures, etc. Participate at your own level of intensity, wear comfortable clothing, and bring a water bottle.

Aerobics and Dance

Bollywood Fitness

Fitness fusion that combines global dance, strength training, and whole body stretching, to give you a complete workout—body, mind, and soul! Set to fun world music (Bollywood, Latin, Western pop, and others), you'll get a great workout and learn music and moves from other cultures. Please bring 3-5 lb. hand weights, a mat, water bottle, and towel.

Delridge

48099 7/7-8/25 Thu 11 a.m.-Noon A Carver \$56



Meet Allison Carver!

Allison has been teaching group fitness classes in West Seattle for over 13 years—helping folks become stronger, more resilient, and more connected to each other. In her classes you will not only grow your fitness, but your friendships and sense of fun. Come play! Allison teaches Bollywood Fitness on Thursdays at Delridge CC this summer.

Line Dance

Work out with your mind and body. Learn new dance patterns to some great music.

High Point

48104 7/7-8/25 Thu 11:15 a.m.-12:15 p.m. S Simmons \$56

Zumba®

Ditch the workout, join the party! Fun is the key ingredient in this low impact Latin inspired dance fitness class. No rhythm or partner required. You'll leave exhilarated and energized! Appropriate for all fitness levels.

Delridge

48112 7/5-8/23 Tue 11 a.m.-Noon M Jorgensen \$56

Strength and Conditioning

Fitness at Delridge

Build total body muscle strength using fitness bands, free weights, and floor work. Improve balance, flexibility, and agility. Instructor is a professional dance and fitness instructor, and performer. *Please bring hand weights to class.*

Delridge

48100 7/6-8/24 Wed 11 a.m.-Noon S Simmons \$56



Yoga

We have a limited supply of yoga and pilates gear for new participants. We recommend that you bring your own equipment.

Gentle Yoga

Stretch and move with awareness, correct alignment, and a focus on breath to increase strength and stamina, improve flexibility, and develop better balance, posture, and peace of mind. Non-flow style. *Bring a yoga mat and large towel for padding in kneeling poses.*

High Point No class 8/15 or 8/17

48101 7/11-8/22 Mon 10-11 a.m. J Reed \$42

48102 7/6-8/24 Wed 10-11 a.m. J Reed \$49



Case Berry Smith
Southeast
Recreation Specialist

206-684-7484 / cell 206-310-8163
case.berrysmith@seattle.gov

REGISTRATION

Register for programs using the barcode number listed next to each program. Registration and payment details can be found on page 42. For accommodation requests, please call 206-684-7548.

SCHOLARSHIPS

The scholarship cycle runs June 2022–June 2023. Have your application approved prior to registration. See page 42 for details.

TRIPS

DEPARTURE SITES AND TIMES

Rainier Community Center

4600 38th Ave. S

Yesler Community Center

917 E Yesler Way

Jefferson Community Center

3801 Beacon Ave. S

Participants will be contacted 3-5 days before each field trip for specific departure times.

BACK IN MOTION

Our **Back in Motion** programs provide fitness classes and educational programs for people with chronic pain, or who are new to exercise, and are noted with a blue stripe on the class number line, like the one noted here.

FIELD TRIPS

Burien Farmers Market

Just south of Seattle is the city of Burien where we will be checking out the Farmers' Market, and Having lunch at Smarty Pants Garage.

49186 7/14 Thu 10:30 a.m.-2:30 p.m. \$18

Washington Park Arboretum

The Arboretum is a welcome oasis on the shore of Lake Washington. Jointly Managed by the University of Washington Botanic Gardens and the City of Seattle, its 230 acres contain a dynamic assortment of plants, some found nowhere else in the Northwest. Take a walk through the Arboretum and discover this beautiful living collection. Bring a sack lunch to enjoy afterwards.

49187 7/29 Fri 9:30 a.m.-1:30 p.m. \$10

Summer Day at Magnuson Beach

Magnuson Beach is one of our lifeguarded beaches. We will also have some summer yard games like frisbee, and some fun this summer at the beach. Bring a sack lunch to enjoy.

49188 8/5 Fri 10:30 a.m.-2:30 p.m. \$10

Duwamish Longhouse

You are invited to come on a tour with the Duwamish, the host tribe and first people of Seattle. Bring a sack lunch for after at Herring House Park.

48750 8/12 Fri 9:30 a.m.-1:30 p.m. \$10

DROP-IN SPORTS

Pickleball at a Glance

See page 9 for community center information for days, times, and registration.

FITNESS CLASSES

Fees may vary due to number of days a class is offered, seasonal holidays, center closures, etc. Participate at your own level of intensity, wear comfortable clothing, and bring a water bottle.

Aerobics and Dance

Line Dance

Work out with your mind and body. Learn new dance patterns to all kinds of great music.

New Holly Learning Center
7058 32nd Ave S, Seattle, WA 98118
Beginner

48812	7/5-8/23	Tue	9:45-10:45 a.m.	M Chen	\$56
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Van Asselt Outdoor Area
Advanced Beginner

48813	7/5-8/23	Tue	11 a.m.-Noon	M Chen	\$56
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Exercise brings out happy smiles!

Traditional and Contemporary Asian Dance

Have fun while learning new dance moves influenced by Malaysian, Chinese, and Vietnamese dance. Class is delivered in Mandarin and English.

Jefferson
All Levels

48320	7/9-8/20	Sat	2-3:45 p.m.	S Ma	Free
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Strength and Conditioning

EnhanceFitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. This evidence-based program is offered in partnership with Sound Generations. An EnhanceFitness participant information and health history form are collected annually, prior to registration. Forms location: <https://www.seattle.gov/parks/find/for-adults-50>. Kaiser Permanente members with Part B Medicare coverage must provide a copy of their membership card with their forms. Silver and Fit participants, write your member number at the top of your forms. Mail to: Lifelong Recreation, Magnuson Bldg 30, 6310 NE 74th St, Seattle, 98115.

Note: Screening forms take up to two weeks to process. Free to Kaiser Permanente Part B Medicare coverage participants. American Specialty Health (ASH) Silver and Fit will cover in-person classes and is limited to 10 visits a month. To learn more about EnhanceFitness visit <https://projectenhance.org/enhancefitness/> and <https://projectenhance.org/about-us/>.

Garfield

KP and ASH Members

48450	7/6-8/24	Wed	10:30-11:30 a.m.	YS Gartz	Free
48452	7/8-8/26	Fri	10:30-11:30 a.m.	YS Gartz	Free

Self-Pay

48449	7/6-8/24	Wed	10:30-11:30 a.m.	YS Gartz	\$56
48451	7/8-8/26	Fri	10:30-11:30 a.m.	YS Gartz	\$56



Strengthen and tone in one of our classes!

Tai Chi and Qi Gong

Tai Chi and Qi Gong—Beginner

Relaxing, ancient moves are taught through easy, repeating exercises followed by the beginning steps of the Tai Chi Form 24. The goal is to maintain and restore bone mass, equilibrium, balance, and poise, by activating vital energy during this moving meditation practice. No experience necessary.

IDCC

48319	7/5-8/23	Tue	9:45-10:45 a.m.	K Philomin	\$56
48608	7/7-8/25	Thu	9:45-10:45 a.m.	K Philomin	\$56



Tamara Keefe
Dementia-Friendly
Program Coordinator

206-615-0100 /
cell 206-399-4655
tamara.keefe@seattle.gov

Working with community partners, we offer a variety of dementia-friendly recreation programs designed for and celebrating the strengths of people living with memory loss. Many of these programs have been inspired by and developed through community input. For questions and registration information contact Tamara Keefe, or the person noted in the description.

Free Programs

To reduce barriers to participation, all of our programs are now free to attend! This is made possible through generous community sponsorships and donations. To support Dementia-Friendly Recreation with a donation, visit <https://arcseattle.org/Lifelong-Recreation-Donations> and designate "Dementia-Friendly Programs."

Receive monthly updates

There are new dementia-friendly opportunities developing in the community all the time! To learn about upcoming programs join the email list for the Dementia-Friendly Recreation e-Newsletter. Sign-up at <http://www.seattle.gov/parks/find/dementia-friendly-recreation>.

SOCIAL PROGRAMS

Lake City Momentia Meet-Ups

Free

Laugh, explore and connect at this inclusive, memory-friendly event for the whole community. We are rebuilding the group and would love to have you join us for improv, music, movement and more! Reach out to Emily at 206-707-1865 or emilyb@soundgenerations.org, if interested. This class is offered in partnership with Lake City Seniors and Sea Mar Latino Seniors.

Lake City CC

Reuniones de Momentia en Lake City

Gratis

Ríase, explore y conéctese en este evento inclusivo y memorable para toda la comunidad. Estamos reiniciando el grupo y nos encantaría que se uniera a nosotros para el improv, el arte, la música, el movimiento y más. Si desea asistir a clases, comuníquese con Emily al 206-707-1865 o emilyb@soundgenerations.org. Esta clase se ofrece en colaboración con Lake City Seniors y Sea Mar Latino Seniors.

Lake City CC

MOMENTIA SEATTLE

At Seattle Parks and Recreation, we are proud to be part of the grassroots movement empowering persons with memory loss and their loved ones to remain connected and active in the community.

To learn more about Momentia and see a calendar with a full listing of memory loss offerings in the Greater Seattle area, visit: www.momentiasattle.org.

Momentia Mondays at SESSC

Free

Connect with others experiencing memory loss and explore different topics and projects together, including improv, drumming, movement, and more! Offered in partnership with the Southeast Seattle Senior Center (SESSC). *Please call the SESSC to confirm the program details, at 206-722-0317.*

Mondays

10:30-11:30 a.m.

OUTDOOR RECREATION

Garden Discovery Program

Free
Join us in the garden at the Memory Hub—the new home base for the Garden Discovery Program. Discover changes through the season, engage in horticultural activities, and learn what makes this public "memory garden" particularly accessible to people living with dementia and their families in this 3-part series. Light refreshments provided. Offered in partnership with UW Memory and Brain Wellness Center and with support from Family Resource Home Care. Directions to the central Seattle location provided to registered participants. A conversation with the Dementia-Friendly Recreation Specialist is required for 1st time participants. Contact Tamara @ 206-615-0100 or tamara.keefe@seattle.gov.

The Memory Hub

48830 7/1-9/2

10:30 a.m.-Noon

Out and About Walks

Free
Invigorate body, brain, and spirit with 1.5 to 2-mile moderately-paced walks in parks and neighborhoods throughout Seattle. Varied terrain includes sidewalks and gravel paths; mostly level with occasional hills. As public safety allows, end with a social gathering in a nearby café. 2nd and 4th Fridays. Meet-up location provided to registered participants prior to walk. A conversation with the Dementia-Friendly Recreation Specialist is required for 1st time participants. Contact Tamara @ 206-615-0100 or tamara.keefe@seattle.gov.

Various Locations

48831 7/8-8/26

10:30 a.m.-Noon.

Memory Loss Zoo Walks

Free
Enjoy a gentle to moderately-paced walk through the zoo, followed by a social gathering in the zoo café. Flat, paved surface. A partnership with the Alzheimer's Association and Greenwood Senior Center. Registration and screening required by calling the Alzheimer's Association at 206-363-5500.

Woodland Park Zoo

Monday/Wednesday mornings





Tamara Keefe
Rainbow
Program Coordinator

206-615-0100 /
cell 206-399-4655
tamara.keefe@seattle.gov

Seattle Parks and Recreation strives to create respectful and safe environments, to enhance health and well-being, and to welcome community members of all backgrounds. While our LGBTQ+ neighbors are welcome in all programs, Rainbow Recreation was developed to specifically serve LGBTQ+ identified 50+ adults, and their friends and allies. We want your involvement to design programming that meets needs and interests! What would you like to see, or what can you offer? Contact tamara.keefe@seattle.gov so that we can create opportunity.

REGISTRATION

Register for programs using the barcode number listed next to each program. Registration and payment details can be found on page 42. For accommodation requests, please call 206-684-7548.

TRIPS

DEPARTURE SITES AND TIMES

Miller Community Center:
at time listed.

Possible north/south Seattle departure sites depending upon need. Contact Tamara for information.

SCHOLARSHIPS

The scholarship cycle runs June 2022–June 2023. Have your application approved prior to registration. See page 42 for details.

FIELD TRIPS

Discovery Park

Situated on Magnolia Bluff overlooking Puget Sound, Discovery Park offers spectacular views, protected tidal beaches, open meadow lands, dramatic sea cliffs, forest groves, a lighthouse and more. 534-acres of tranquility away from the stress and activity of the city. Join us to explore, gain the benefits of nature, and connect. Bring your picnic lunch. Especially for LGBTQ+identified individuals, and friends and allies. Depart Miller CC at 9:30 a.m.

48809 7/7 Thu 9:30 a.m.-2 p.m. \$10



Lighthouse at Discovery Park.

LIFELONG LEARNING

Medicare Presentation

Learn unbiased Medicare information from a trained volunteer Statewide Health Insurance Benefits Advisor (SHIBA) to help you be an informed consumer. Especially for LGBTQ+ identified individuals and friends and allies.

This is a virtual program and registered participants will receive a link to join this virtual partner presentation.

48821 8/18 Thu Noon-1 p.m. Free

Interested in Art-Making?

Contact Tamara for a potential opportunity.



FITNESS CLASSES

Fees may vary due to number of days a class is offered, seasonal holidays, center closures, etc. Participate at your own level of intensity, wear comfortable clothing, and bring a water bottle.

Aerobics and Dance

Rainbow Soul Line Dance Party

Dance to soul, funk, and other favorites. No experience or partner needed. Give yourself the gift of fun with the added benefit of a workout for your body and brain! Especially for LGBTQ+ identified community members and their friends and allies.

Miller

48774	7/20	Wed	1:30-3:30 p.m.	\$9
48775	8/17	Wed	1:30-3:30 p.m.	\$9



Everyone benefits from tai chi!

Tai Chi

T'ai Chi Chih®

Work through a slow moving meditative routine of nineteen moves and one pose. These movements circulate and balance the internal energy (Chi) to all the organs, muscles, and bones. Anyone can do it, and chair seated students are welcome.

Miller

48776	7/11-8/22	Mon	2-3 p.m.	TBD	\$49
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Yoga

We have a limited supply of yoga and pilates gear for new participants. We recommend that you bring your own equipment.

Gentle Yoga

Stretch and move with awareness, correct alignment, and a focus on breath to increase strength and stamina, improve flexibility, and develop better balance, posture, poise, and peace of mind. Chair seated participants are welcome. A Rainbow Recreation offering for LGBTQ+ and allies.

Miller

48772	7/11-8/22	Mon	11:45 a.m.-12:45 p.m.	L Gardener	\$49
48773	7/6-8/24	Wed	11:45 a.m.-12:45 p.m.	L Gardener	\$56



Outdoor Specialist Outdoor Recreation Program Coordinator

cell 206-618-4254

sound.steps@seattle.gov

Outdoor Recreation is our new program that encompasses Sound Steps, but adds more! Hikes, Environmental Education, Dog Walks, anything outdoor related lands here.

Please register quarterly for all programs using the barcode provided. See page 42 for registration information. Unless dates are specified, walks are generally ongoing. Check with the volunteer walk leader for any dates that may be missed.

SCHOLARSHIPS

The scholarship cycle runs June 2022–June 2023. Have your application approved prior to registration. See page 42 for details.

Hike Rating Legend



Easy -

paved, smooth and fairly level trail surface; recommended for beginners



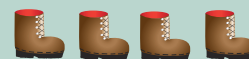
Moderate -

some hills; exposed roots and rocks possible



Challenging -

some difficult terrain; hills or stairs



Difficult -

steep hills, significant elevation gain; for advanced hikers

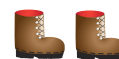
DOG WALKS

Bring a dog, or come without one if you love dogs. Prepare to walk two to three miles, rain or shine. Meet at the designated site, leash your dog, and bring poop bags. Walks are free. Currently dog walks take place every Friday at 11 a.m. Please register at cheryl.brown@seattle.gov to get a list of locations, and so volunteer leader Sharon LeVine may contact you if there is a change.



FIELD TRIPS

Bridal Trails State Park Hike



We'll travel on a forested, 3-mile loop trail that winds through second-growth trees and a carpet of ferns. Minimal elevation gain. Departure from Meadowbrook CC parking lot at 9 a.m.

Bridal Trails State Park

48825 7/18 Mon 9 a.m.-1 p.m.

\$18

Dead Horse Canyon Walk



Lakeridge Park's Dead Horse Canyon features a gorge, bubbling creek, and abundant plant life for a chance to forget that you're in the city. This walk is nice and short, totaling one mile round trip—perfect for beginners. Bus provided, we will depart from the Miller CC parking lot at 10 a.m.

Lakeridge Park, Dead Horse Canyon

48767 8/1 Mon 10 a.m.-12:30 p.m.

\$10

OUTDOOR RECREATION EDUCATION



Nurturing Roots Farm Work Day

Nurturing Roots Farm is a non-profit community farm located in Beacon Hill that brings together community around healthy food choices, with a focus on access and education. Nurturing Roots will be hosting senior engagements every Thursday in August that will immerse participants in hands-on gardening activities that stimulate senses and memories while fostering a connection with nature. Participants will engage in a therapeutic, cross-generational experience while engaging in conversation, reengaging purpose and a lifelong love of the earth. You can expect to get dirty helping out with gardening or tending to animals, so come dressed ready to move. Farm tasks are varied to fit the needs of your abilities.

Beacon Hill, Nurturing Roots Farm

48806 8/4-8/25 Thu 11 a.m.-3 p.m. Free

Birding 101

Always wanted to join the ranking of the "Bird Nerds" but don't know where to start? This hybrid virtual/in-person series will give you the basics to get started with a new hobby. Online, we'll go over the basics of the equipment and tools you'll use as a birder, components of bird habitats, and bird behavior. Then we will meet in-person at Seward Park to practice putting our skills to use. Thursday sessions are Virtual, and the Saturday session is in-person. Sign up for one or all three!

Virtual

48819 7/7 Thu 10 a.m.-Noon Free

Virtual

49098 7/21 Thu 10 a.m.-Noon Free

Seward Park

49099 8/6 Sat 10 a.m.-Noon Free

Low Tide at Carkeek Beach

Low tide times reveal a whole world of marine magic with spectacular views of the intertidal community. We'll comb the shore searching for sea stars, crabs, barnacles, anemones, and many other sea creatures. We will arrive one hour before low tide peaks for the best exploration window. Come dressed to get wet and muddy; cameras recommended!

Carkeek Park Beach

48820 7/12 Tue 8:30-11 a.m. Free

West Seattle Bee Garden

Admire our local pollinators hard at work as we tour the hives in the educational enclosures at High Point Commons P-Patch Community Gardens. Brilliant landscape architecture allows the bees to be viewed safely while we observe their behavior.

High Point Commons P-Patch Gardens

48817 7/25 Mon 1:30-3 p.m. Free

Pond Dipping at Meadowbrook Pond

Observing the ecosystem of Meadowbrook Pond is best done hands-on. Using nets, trays, and a portable microscope, we'll scoop the water to explore the weird and wonderful invertebrates that give our waterways life. We'll meet in front of Meadowbrook Community Center and walk over to the pond together.

Meadowbrook Pond

48818 8/8 Mon 10-11:30 a.m. \$15

Explore low tide!

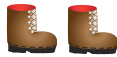


LIGHT RAIL WALKS AND HIKES

We Love the Light Rail!

Come celebrate our beloved public transit system and all of it's new developments with this weekly Wednesday walk series. Each walk starts at a different Light Rail station, to explore the surrounding areas before returning back to a Light Rail Station for departure. We have a 'Passport' book for this walk series...receive a stamp for each walk you arrive at via public transit to win some prizes!

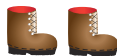
Ravenna Station: Cowen Park Walk



In our debut walk of our "We Love the Light Rail!" series, we will meet at the brand new Ravenna Station for a short walk to the shaded trails that connect Cowen and Ravenna Park. This hiking trail has soft, dirt footing and runs along a babbling ravine in a quiet nature oasis. Walk is a 3-mile loop.

Ravenna Light Rail Station
48796 7/6 Wed 10 a.m.-1 p.m. Free

Angle Lake Station: Des Moines Creek Park Trail



Just a short walk from Angle Lake Station is the entrance to the Des Moines Creek Park Trail, a flat paved trail lined with a canopy of trees that leads to the beachy waterfront at Des Moines Marina. Bring a sack lunch to eat at the marina for some relaxation before our hike back. This out and back walk from the Light Rail Station is 6 miles.

Angle Lake Light Rail Station
48797 7/13 Wed 10 a.m.-1:30 p.m. Free

University District Station: Campus Walk



Calling all Huskies! For the third walk in celebration of the Light Rail, we'll meet at the new University District Station to walk through the campus, sharing favorite memories as we move through the bustle of the University of Washington's Campus. Walk is 3-4 miles.

University District Station
48802 7/20 Wed 10 a.m.-1 p.m. Free

Rainier Beach Station: Kubota Gardens



Join us as we trek two of the Southend's greatest secrets: the Chief Sealth Trail, and Kubota Gardens. We'll link up at Rainier Beach Station and follow the gorgeous trail to the gardens for the full sensory delight of flowers, trees, and waterfalls. Please note that while the Chief Sealth Trail is well-paved, it is a hilly walk to Kubota Gardens from the station. Round trip walk is 6-7 miles total.

Rainier Beach Station
48811 7/27 Wed 10 a.m.-2 p.m. Free



Kubota Gardens is a Seattle gem!

LIGHT RAIL WALKS AND HIKES

Capitol Hill Station: AIDS Memorial Project



We will gather on the Hill for a short but meaningful walk through and around Cal Anderson Park to remember and reflect on those whose lives were lost to HIV/AIDS. Starting from the West Entrance of Capitol Hill Station, we'll view the art and storytelling created for the AIDS Memorial Project www.amp.com, using the installation's phone app. Walk is 2-3 miles total, on flat concrete.

Capitol Hill Light Rail Station, West Entrance

49102 8/3 Wed 10-11:30 a.m. Free

Columbia City Station: Cheasty Boulevard



Start at Mt. Baker Light Rail Station and end at Columbia City Light Rail Station with climbing challenges! From Mt. Baker Station, we'll climb Cheasty Boulevard, a quiet Beacon Hill residential street with such lush forest you'll forget you're in the city! From there, we'll meander down the Mountain View wooded trail system and pop out at Columbia City Station for our departure. Walk is 2 miles in distance, but has a steep uphill climb.

Mt Baker Light Rail Station

48814 8/10 Wed 10 a.m.-Noon Free

Mt. Baker Station: Lake Washington Waterfront



With a walk down a winding greenway, one of the best viewpoints in the city, and Lake Washington all in one, you won't want to miss this "We Love the Lightrail" walk! From Mt. Baker station, we'll weave up Mt. Baker Boulevard, take in the sights at Mt. Baker Park, and relax with some beach time before heading back. Walk is 2.5 miles, but has a steep uphill and downhill.

Mt Baker Park

48815 8/17 Wed 10 a.m.-1 p.m. Free

Beacon Hill Station: Beacon Hill Food Forest



For the last walk in our "We Love the Light Rail!" series, we'll head to Jefferson Park from Beacon Hill Station for a self-guided tour of the Beacon Hill Food Forest. See our urban food system at work in the peaceful, hillside community garden for a full-sensory experience. It's a short one mile-round trip to and from Beacon Hill Station, and the Food Forest requires minimal walking. For any walkers seeking bonus distance for their daily mileage, Jefferson Park boasts a dirt walking track—with a view!

Beacon Hill Food Forest

48816 8/24 Wed 10 a.m.-Noon Free

WALKS AND HIKES

Union Bay Natural Area Walk

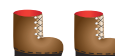


Explore this former landfill near the UW that has been painstakingly planted and returned to a natural habitat. Ducks, herons, and songbirds have quickly taken up residence and are present year-round. Meet in the east parking lot of the Urban Horticulture Center.

Union Bay Natural Area

48824 7/19 Tue 10 a.m.-Noon Free

West Duwamish Greenbelt Walk



The West Duwamish Greenbelt is the largest contiguous forest in Seattle; with over 550 acres, it provides an urban adventure via wilderness with glimpses of the city. Our loop will take us along the north portion of the Longfellow Creek Legacy Trail, through Puget Park and the Seattle Chinese Garden, totaling 5.5-6 miles. Meet at the Delridge CC parking lot.

Meet at Delridge CC Parking Lot

48823 8/9 Tue 10 a.m.-1:30 p.m. Free

RUN CLUBS



Northend Run Club

Open to runners of all experience levels! We'll gather in the parking lot of Building 30 in Magnuson Park for a light warmup, then head to Magnuson's dirt track to run laps at your own pace, with the opportunity to take rest breaks whenever you need. This group will be led by an experienced track and cross country coach, so it is a great opportunity for beginners to get some tips, for experienced runners to have some accountability to get out the door, or for anyone looking for friends to run with.

Magnuson Park Track
48808 7/8-8/26 Fri 8-10 a.m. Free

Southend Run Club

Open to runners of all experience levels! We'll gather in front of Jefferson Community Center for some light group warmups, then head to the track at Jefferson to run laps at your own pace, with the opportunity to take rest breaks whenever you need. This group will be led by an experienced track and cross country coach, so it is a great opportunity for beginners to get some tips, for experienced runners to have some accountability to get out the door, or for anyone looking for friends to run with.

Jefferson Park Track
48807 7/14-8/25 Thu 8-10 a.m. Free

SOUND STEPS WALKS

Sound Steps is a community-driven and volunteer-led walking program designed for all levels of walkers. If you would like to plan and lead a walk, please be in touch!

Llandover Woods Sound Steps Walk

Several beautiful gravel-surfaced trails wind their way through dense northwest forest; it's often so quiet you can hear a leaf drop.

Llandover Woods Trailhead, 145th and 3rd Ave. NW
47586 7/11-8/22 Mon 10-11 a.m. Free

Rainier Beach Sound Steps Walk

Walk laps to music inside the gym at Rainier Beach Community Center. All paces and mobility levels welcome. Must register in advance at number below and bring proof of vaccination to each walk.

Rainier Beach CC Gym
48822 7/6-8/24 T/W 10:30-11:30 a.m. Free

Seward Park Sound Steps Walk

Join us for this 2.8-mile loop around Seward Park which has beautiful views of Lake Washington and the Cascade Mountains all the way around! Meet in front of the Audubon Center near the main parking lot.

Seward Park Audubon Center
49101 7/7-8/25 Thu 11 a.m.-12:30 p.m. Free





Lifelong Recreation Advisory Council

You Can Make a Difference!

The Lifelong Recreation Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people age 50+ of all abilities and backgrounds.

Your Advisory Council

Most classes, workshops, sports programs, special events, and facility rentals are funded through the local advisory councils, rather than from City of Seattle budget. Revenues generated through program fees offset program costs to make these activities self-sustaining. We rely on participation, donations, and contributions to maintain and upgrade equipment.

Join Us!

Citizen direction and participation is essential to our success. Our advisory councils are always looking for new members. Monthly meetings are held to advise about programs, policies, and financial issues.

If you'd like to get involved, please contact Cheryl Brown at 206-849-6564.

The Associated Recreation Council (ARC) is dedicated to serving Seattle's community in partnership with Seattle Parks and Recreation with citywide fiscal accountability, advisory council support, and community-focused leadership.

VOLUNTEER OPPORTUNITIES

We have lots of opportunities for you to get involved within your community!



- Lead a book club, bridge club, or mah jongg group.
- Be a field trip van driver: tours and meals comp'd.
- Join the Senior Volunteer Team at your local community center.
- Come help at a food bank with us.
- Be a walk leader with Outdoor Recreation or Sound Steps.
- Become a Seattle Urban Nature Guide.
- Help with program development by joining the Lifelong Recreation Advisory Council—see above.

COMMUNITY RESOURCES

Age Friendly Seattle's Civic Coffee

FREE virtual event where older people can meet community leaders and local government officials, ask questions and provide feedback. In 2022, we are switching to a hybrid format—streamed LIVE to audiences in multiple community locations and at home! Refreshments are served at in-person locations.

Central Branch of The Seattle Public Library, 4th floor at 1000 4th Ave. (between Spring and Madison St.) is CIVIC COFFEE's main location. It is streamed LIVE at bit.ly/AgeFriendlyLive on third Thursdays, 10:30 a.m.-Noon with interpretation available upon request. Multilingual captioning included. Speakers and satellite locations are TBA at bit.ly/AgeFriendlyLive. With questions or to request an accommodation please call 206-233-5121 or email agefriendly@seattle.gov.



Are you 60+ years old?

Then you qualify for discounts in Seattle and King County with Gold Card for Healthy Aging!



Discounts include:

Seattle Aquarium: FREE

Woodland Park Zoo: 75% OFF

Seattle Animal Shelter: 50% OFF

For a full list of discounts or to request a card by mail, visit Seattle.gov/AgeFriendlyDiscounts.

To pick up your Gold Card in person, visit your local senior center, community center, City of Seattle's Customer Service Center, Customer Service Bureau, or Seattle Animal Shelter. No application is needed in-person, just proof of age!

**If you are between the ages of 18 and 59 and have a disability, visit Seattle.gov/AgeFriendlyDiscounts to apply for the FLASH card.*

Age Friendly Seattle

The City of Seattle has created an Age Friendly Seattle Action Plan based on the following 8 domains of livability by The World Health Organization:



1. Outdoor spaces and buildings
2. Transportation
3. Housing
4. Social participation
5. Respect and social inclusion
6. Civic participation, and employment
7. Communication and information
8. Community and health services

Visit www.seattle.gov/agefriendly to learn more.

Are you facing aging or disability issues?



Community Living Connections
1-844-348-5464
www.communitylivingconnections.org

SENIOR CENTERS AND PROGRAMS FOR SENIORS

About...Senior Centers!

Senior centers are lively community hubs providing a warm, welcoming social space and affordable programs to enrich the lives of seniors and their families. Caring staff provide guidance through some of the challenges of aging and navigating the network of community and government resources. Many senior centers provide counseling and support services, health services, fitness programs, financial and legal assistance, transportation options, and meal programs.

Center/Program Locations

Due to COVID 19, centers will have varying hours of operation, so please contact your center for more information.

Ballard NW Senior Center

5429 32nd Ave. NW, 98107
206-297-0403 / ballardseniorcenter.org

Central Area Senior Center

500 30th Ave. S, 98144
206-726-4926 / <https://casrcenter.org/>

Club Bamboo

3639 MLK Jr Way S, 98108
206-774-2440 / www.acrs.org

El Centro de la Raza

2524 16th Ave S, 98144
206-957-4634 / www.elcentrodelaraza.org

Ethiopian Community Center

8323 Rainier Ave S, 98118
206-325-0304 / www.ecseattle.org

Generations Aging With Pride

206-495-8312 / gapseattle.org

Greenwood Senior Center

525 N 85th St., 98103
206-297-0875 / phinneycenter.org/gsc/

International Drop-In Center

7301 Beacon Ave S, 98108
206-587-3735 / www.idicseniorcenter.org

Kin On Community Center

4416 S Brandon St, 98118
206-556-2237 / www.kinon.org

Lake City Community Center

12531 28th Ave. NE, 98125
206-268-6738 / lakecityseniors.org

Pike Place Senior Center

85 Pike St., #200, 98101
206-728-2773 / pmsc-fb.org/

Sea Mar Latino Senior Nutrition and Outreach Program

Various Locations
206-764-4700 / seamar.org

Salvation Army Senior Center/White Center

9050 16th Ave. SW, 98106
206-767-3150 / tsawwhitecenter.org

Southeast Seattle Senior Center

4655 S Holly St., 98118
206-722-0317 / sessc.org

South Park Senior Center

8201 10th Ave. S, 98108
206-767-3650 / spseniors.org

Sunshine Garden Chinese Senior Community Center

611 S. Lane St., 98104
206-624-5633 / cisc-seattle.org

Wallingford Community Senior Center

4649 Sunnyside Ave. N, 98103
206-461-7825 / wallingfordseniors.org

West Seattle Senior Center

4217 SW Oregon St., 98116
206-932-4044 / sc-ws.org

REGISTRATION



FIRST CHOICE

Go to Seattle Parks and Recreation's new online registration software at http://bit.ly/spr_registration_account. Sign in, or create an account if this is your first time registering for classes with the new software. Once you are logged in, choose your programs and pay online.



SECOND CHOICE

Call your local recreation center during their hours of operation at the phone number listed on page 5 of this brochure, and found online at seattle.gov/parks/centers.asp. All staff can assist you with registration.



THIRD CHOICE

Register by phone with our Business Service Center at 206-684-5177. The Business Service Center is open Monday through Friday between 8:30 a.m. and 6 p.m. Questions may be emailed to: ParksBSC@seattle.gov.

SCHOLARSHIP INFORMATION

Seattle Park District Scholarship funds are available to those who qualify. Lifelong Recreation programs have been allocated over \$50,000. To apply, visit any community center or pool, bring your most recent 1040 or SSI paperwork, and picture ID. To download forms online visit https://bit.ly/spr_scholarships.

Here are some beginning qualification guidelines:

Scholarship Eligibility		Number in House			
		1		2	
80%	Monthly	\$2,594	\$2,918	\$3,523	\$3,963
70%	Monthly	\$2,918	\$3,283	\$3,963	\$4,458
60%	Monthly	\$3,283	\$3,693	\$4,458	\$5,015
50%	Monthly	\$3,693	\$4,155	\$5,016	\$5,642

Parks Management and Professional Staff

Magnuson Bldg 30, 6310 NE 74th St, Seattle 98115
206-684-4951 • Fax 206-684-4957 • TDD/TTY Only 206-233-1509

Parks Management

Christopher Williams, Interim Superintendent
Justin Cutler, Director of Recreation
Daisy Catague, Deputy Director of Recreation
Lori Chisholm, Matrix and Partnerships Manager

Professional Staff

Cheryl Brown, Recreation Program Coordinator, 206-849-6564
Dena Schuler, Management Systems Analyst, 206-450-9819



Registration Information and Refund Policy

Payment

Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due plus a \$20 fee. Registration is not complete and a spot in the class cannot be held without payment in full.

Fees and Charges

ARC: Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees are used to offset the cost of providing the programs. Program charges include a user fee paid to Seattle Parks and Recreation to defray operating costs. Washington State sales tax is also included where applicable.

City: Fees and charges are necessary to provide financial support to Seattle Parks and Recreation for the operating costs of programs, facilities and grounds. The revenue generated by these fees constitutes only a portion of funds required for operating and maintaining the Parks system. All fees collected from activities and concessions are used exclusively for the Parks system as these funds are deposited in the Parks and Recreation Fund, not the City General Fund. Swimming pool fees and charges are set by City Council.

Confirmations

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.

Refunds

Refunds: It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- A full refund will be issued for any class, trip, or reservation that is canceled for any reason by the Department or the Associated Recreation Council.
- Satisfaction Guarantee-Any person who registers for a CLASS and who requests a refund before the second class session may receive a prorated refund minus a service charge.
- Any person who registers for a TRIP and requests a refund 14 days or more before it's start, may receive a refund minus a service charge.
- A transfer from one class to another is permitted without cost if done on the same business day as the original registration, and is subject to space availability.
- No fee is charged for a transfer initiated by Seattle Parks and Recreation staff when done to correct an error in registration or allow for a better recreation opportunity.

Please read the entire policy 7.16 for specific information. An extra process is required for child care refunds or transfers. There will be no refunds or make-up classes for activities missed due to illness or vacations.

Class Cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

Register online at www.seattle.gov/parks

Scholarships

Seattle Parks and Recreation wants to ensure that our activities, classes, and sports are available to everyone, regardless of their ability to pay. To apply for a scholarship, please talk to one of our Recreation Specialists.

Wait Lists

We will create wait lists for all filled classes and trips. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability. If you cannot attend a class or trip you are registered for, your spot will be given to the first person on the wait list.

Anti-discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental, or physical handicap.

Accommodation for People with Disabilities

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids, or other accommodations, please call 206-684-7548 or TDD 206-233-1509. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area that is not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

Specialized Programs

For information on programs for youth/adults with disabilities, please call the Specialized Programs Office at 206-684-4950, or visit the web at: <https://www.seattle.gov/parks/find/for-people-with-disabilities>.

More Information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at www.seattle.gov/parks, or call our Public Information line, 206-684-4075, or TDD/TTY 206-233-1509.

Wondering which Lifelong Recreation program is right for you? In general, Lifelong Recreation Programs are designed for (independent) people age 50 and better, but we also offer specifically designed programs for those living with dementia or chronic pain. If there is an accommodation that you need to better access one of our programs, please contact the recreation specialist in your area.

DISCLAIMER NOTE

Although we strive to be accurate, this brochure is published for information purposes only. Changes may be necessary to the content depending on levels of participation or other factors, and fees may change after City Council action on the City budget each year. Please visit www.seattle.gov/parks for updated information.

As of July 6, 2015, all of Seattle's public parks are smoke-free! Smoke-free parks help reduce litter, promote healthy lifestyles for youth, and create a welcoming environment for all park users. Smoking is allowed in public rights-of-way including sidewalks. For more information visit seattle.gov/parks/smokingban/.



Seattle Parks & Recreation

healthy people healthy environment strong communities


Lifelong Recreation

Magnuson Building 30
6310 NE 74th St
Seattle, WA 98115

CHANGE SERVICE REQUESTED

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SEATTLE, WA
PERMIT 152

FIELD TRIPS are BACK!



Although masks are not mandatory, we encourage wearing them in the close confines of our vans on trips.